

Alhamdulillah, was-salaam
wassalaam alaa
Rasulillah

Part 3

2. Complete dhikr i.e.;
being completely
immersed in dhikr both
internally and externally
subdues the onset of
these side effects
before they start to
take over my heart
3. I think it would be
utterly important to
concentrate on the books
dealing with purity and
purification of the heart
and suluk wa Allah
A-lam and especially
the aspects of qur'ān
and ridhā (contentment)
4. I am extremely spiritually
sensitive, so I have to
follow the examples of
my friends and families